



OUR PATHWAYS PHILOSOPHY recognizes wellness as a multi-dimensional state of being. Here you'll find services, amenities, and activities that enhance and celebrate optimal health in every dimension—intellectual, spiritual, physical, social, emotional, nutritional, vocational, and environmental. Pathways acknowledges the good things that are and embraces new adventures and opportunities that lie ahead!



WAITLIST MEMBERS
may participate with
residents in these
activities this month!

MAY HIGHLIGHTS OPEN TO OUR WAITLIST

SPECIAL THIS MONTH

WAKE TECH COMMUNITY COLLEGE CHORUS
PERFORMANCE: *RESILIENCE*
WED., MAY 6 AT 7:00 PM

Auditorium

Under the direction of Dr. Katharine Boyes Gilleland, the chorus unites students who share a love of singing. This special performance features selections by the full chorus, as well as soloists and a small ensemble.

BEYOND OLD FAITHFUL: ADVENTURES IN YELLOWSTONE
WED., MAY 13 AT 3:00 PM

Auditorium

Residents George and Barbara Parker will share highlights from their 10 summers working in Yellowstone National Park. Enjoy fascinating facts, as well as stunning photos of scenery and rare wildlife moments.

SINGER MARY MIKELS: TRIBUTE TO THE SOUND OF MUSIC
THURS., MAY 21 AT 7:00 PM

Auditorium

Mary's beautiful voice captures the joy and spirit of this beloved musical. Born blind, she inspires audiences by performing a wide range of styles from classical to Broadway to patriotic favorites.

Visiting our campus for an event or activity allows you to confirm that Springmoor is the best fit for you. Get to know current residents before you move in!

PLEASE CALL OUR MARKETING DEPARTMENT AT 919-848-7080 TO RSVP AND RECEIVE DETAILS.

Find detailed information about Independent Living and the full spectrum of healthcare services we offer on our updated website: Springmoor.org
Check out the News tab as well!



WELLNESS ACTIVITIES

We offer dozens of exercise and aquatic classes on an ongoing basis, as well as special fitness-related events.

Please contact Kari Richie, Pathways Wellness Director, at Kari.Richie@springmoor.org or 919-848-7147 to make a reservation to participate.

Seminar: Dietitian Joanna Bell on the key role nutrition plays in brain health (5/12 at 10:30 am)

Caring Circle Grief Support (5/14 & 5/28 at 3 pm)

Dementia Support Group (5/20 at 3 pm)

Complementary Treatments for Mental Health with Tammy Curry, RN, PMH-BC, CDP (5/28 at 11 am)

Join us for Chair Line Dance! (Please inquire for details.)



PERENNIAL FAVORITES

Each month residents have the opportunity to participate in a wide range of special events and activities, as well as activities that occur on a regular basis.

Please contact our Marketing Department at 919-848-7080 to receive details and confirm your participation in one of the activities below.

Canasta (5/1, 5/8, 5/15, 5/22, & 5/29 at 1:30 pm)

Open Studio Painting at Meraki Arts Studio (5/2, 5/5, 5/16, 5/19, 5/23, 5/26, & 5/29 at 1:30 pm)

Life Writing Workshop (5/7 at 2 pm)

Men's Coffee and Fellowship (5/14 at 9 am)

Billiards (5/19 & 5/26 at 7 pm)

SPRINGMOOR RESIDENTS ARE ENJOYING THESE SPECIAL ACTIVITIES (& MORE!) IN MAY

JUNIPER LEVEL BOTANIC GARDEN

PONTOON BOAT TOUR, JORDAN LAKE

GREGORY VINEYARDS & LANE'S SEAFOOD
& STEAK HOUSE, ANGIER, NC

RANDLEIGH HERITAGE DAIRY MUSEUM

TOUR & LUNCH: DUKE LEMUR CENTER
& THE REFECTORY CAFÉ, DURHAM

HAMILTON AT DURHAM PERFORMING
ARTS CENTER (DPAC)

PLEASE NOTE:

These activities are open **only** to current residents. We include them here so waitlist participants are aware of the kinds of activities Springmoor offers on a regular basis. Current members of our community have priority for participation in all events and activities.

Follow us on Facebook.

Visit Springmoor.org/contact to sign up for our monthly e-Newsletter.

